



I CARE NEW HAMPSHIRE



STAY CONNECTED

We all play a role in mental health and suicide prevention. The first step is simply talking. We can check in on our friends and neighbors. You don't need to have all the answers to reach out.



ASK & LISTEN

Be willing to listen. Be a safe person for others to come to when they are feeling lonely, stressed or anxious. Be open and non-judgmental.



KNOW THE SIGNS

If someone is acting down; acting different; not doing things they used to love; having changes in sleep; shutting people out; you can help.



FIND RESOURCES

Help is available. To learn more and find resources please visit:
dhhs.nh.gov/icare
If you or someone you know needs help now, call the Lifeline 24/7 at
1-800-273-8255



I Care NH is a mental health and wellness initiative of the [New Hampshire Department of Health and Human Services](#) and the [NH Suicide Prevention Council](#)

